

Dear friends

I am over 75 and still have opinions.

Why Finland is the happiest country.

WE have lots of memorylost people and especially in politics. 🤖



Retirement age is expected to bring with it a new kind of freedom and happiness, as life's external expectations have remained in the background. It been replaced by genuine, inner satisfaction.

Today, in addition to their everyday challenges, many elderly people are concerned about global warming and also about the war situation. Those things have brought forth all kind of values and especially values of living.

Now more than ever there is a demand for organized volunteer activities. We need joy ans strengh idea. I hope that this congress has given you some tools for living and new ideas and good practies to take to your own associations. Change comes with opportunities, but it requires reliance. Change should not be vigorously opposed.

WE even have to learn new words. In spring 2020, the following words were added to the Finnish dictionary: alcohol serving passport, biochar, crossfit, drag artist, hair extension, homestay, contactless payment, microexpression, social media account, shared car and voice message

The charm of aging can be seen in accepting oneself as one is. We should know how to appreciate the stage of life and enjoy it without unnecessary pressure and find new hobbies. To fulfill life long learning.

One of the challenges of senior activities is the facilities, i.e. where to gather and where to engage in hobbies. Senior activities offer many recreational opportunities in our associations.

What about life learning. In Finland, it is possible to study at a folk highschoolan (adult education centres), which offers a wide range of courses.

I myself have started woodworking at an folk high school in Rovaniemi by learning new skills; spray painting and how to use different machines. I also enrolled in a course called The Difficulty of Being a Woman. Unfortunately, it was cancelled due to a lack of participants.

This congress is, in a way, a turning point in ESU. The footsteps of An Hermans and Guido Dumon have passed to Steefan Vercamer and Patrick Pennickxs. I wish you both a good journey and many active years. But I remind you that movement and exercise are the cure for many ailments and that Nordic Walking is an excellent everyday exercise.

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